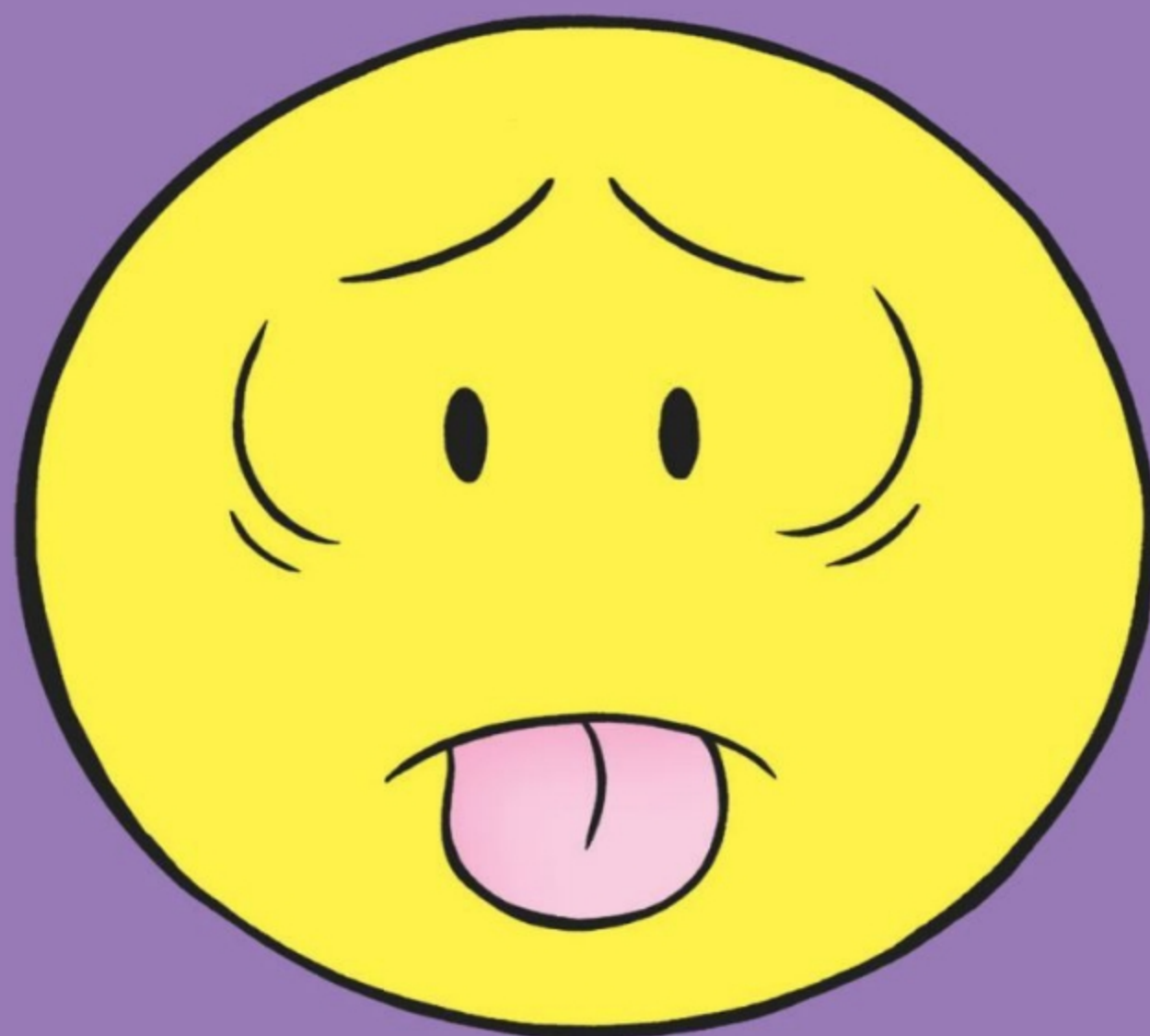


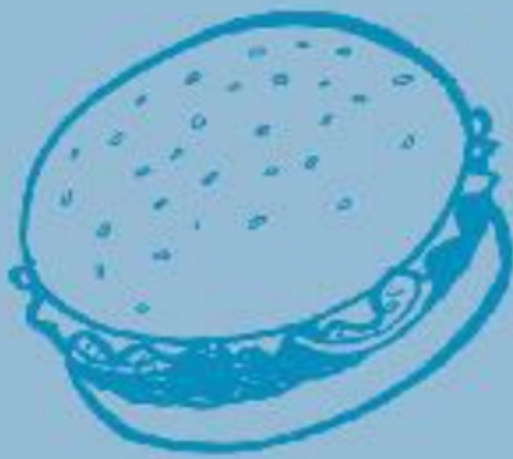
The companion to the #1 New York Times Bestseller *Smile*

Raina Telgemeier



Guts

 SCHOLASTIC



Guts



Guts

Raina Telgemeier


with color by Braden Lamb



graphix

An imprint of

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This graphic novel is based on personal experiences, though certain
characters, places, and incidents have been modified in service
of the story.

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For anyone who feels afraid

























I WAS A NERVOUS KID.



SELF-CONSCIOUS.



SHY.



QUIET...



MOST OF THE TIME.

CHECK OUT CALVIN'S
EXPRESSION IN THE THIRD
PANEL! ISN'T THAT
GREAT?!

I SWEAR YOU HAVE TO LOOK IN A
MIRROR SOMETIMES TO SEE
HOW FACES REACT.





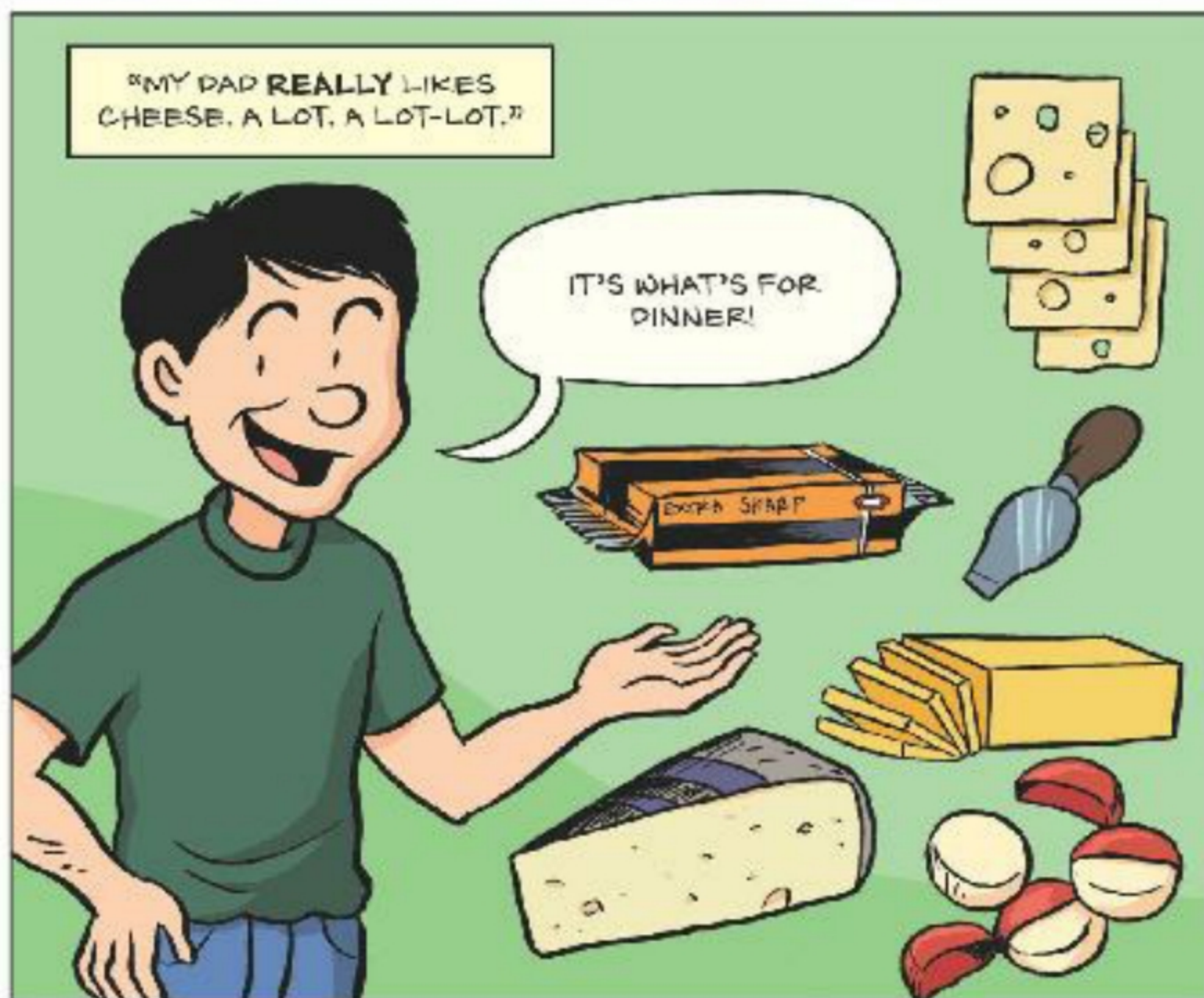


"MY LITTLE BROTHER, WILL, IS ONLY ONE AND A HALF. HE EATS BABY CARROTS, TACO **SHELLS**, GRATED CHEDDAR CHEESE, AND RAW SPAGHETTI. THAT'S IT."



"MY SISTER, AMARA, IS FIVE. SHE LIKES SALAD, AND FRENCH FRIES, AND KETCHUP. SOOO MUCH KETCHUP. SHE'LL EAT PIZZA, BUT SHE RIPS THE CHEESE OFF FIRST."



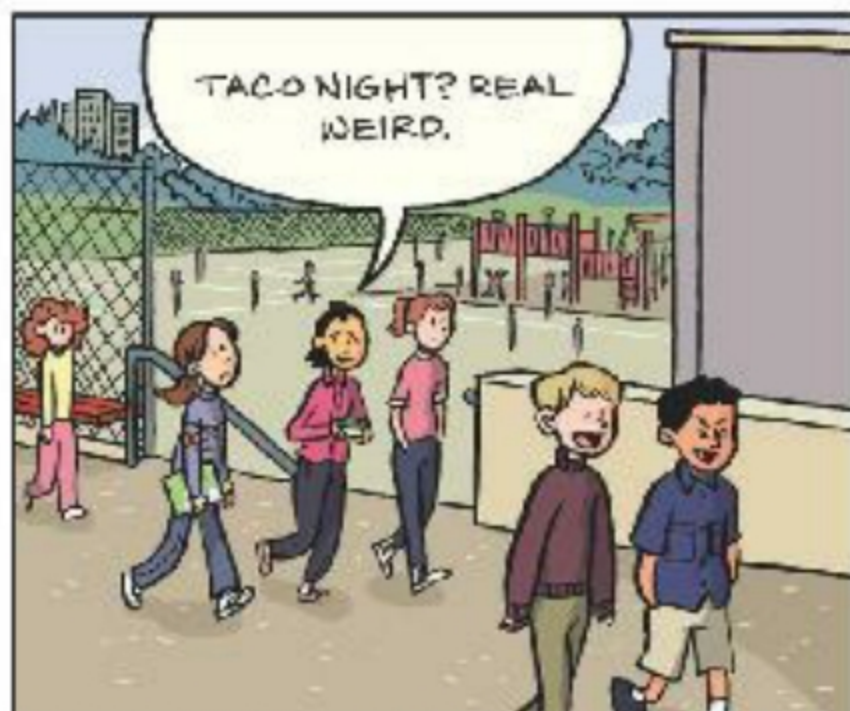


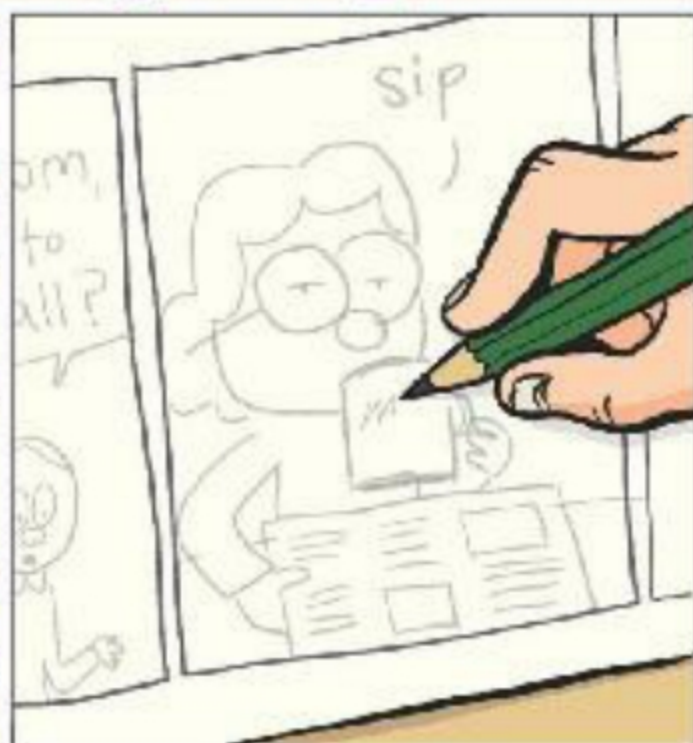


ANATOMY

of a "normal dinner" at our house









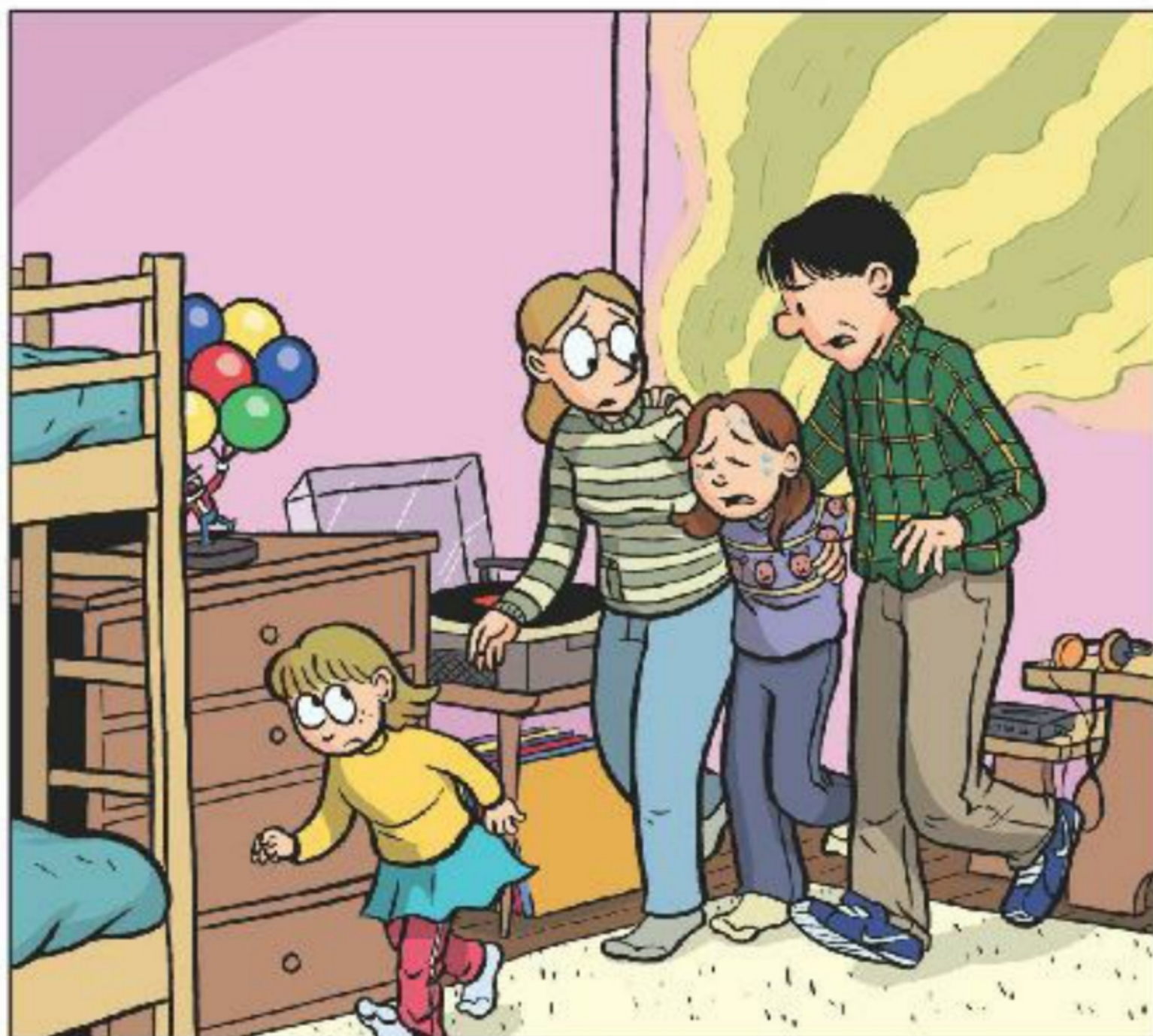




I DIDN'T
PUKE.









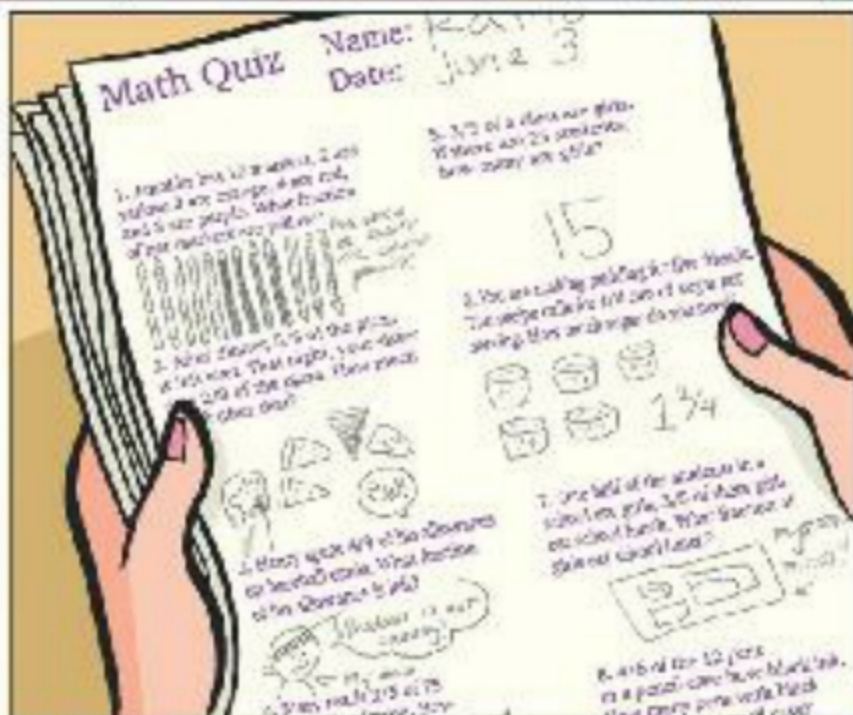




2. After dinner, $\frac{5}{8}$ of the pizza is left over. That night, your sister eats $\frac{2}{8}$ of the pizza. How much is left after that?

3. Henry spent $\frac{4}{9}$ of his allowance on baseball cards. What fraction





THE NEXT DAY

RAINA, YOU ONLY ANSWERED TWO
OUT OF EIGHT QUESTIONS.



IS EVERYTHING OKAY
AT HOME?



ALL YOUR LITTLE DRAWINGS
ARE VERY NICE... YOU'RE A VISUAL
PROBLEM SOLVER.



BUT I STILL CAN'T GIVE
YOU A GRADE HIGHER
THAN A D-MINUS.



MY STOMACH HURTS.









FIFTH GRADE (AND KINDERGARTEN FOR MY SISTER!) STARTED IN SEPTEMBER.



JANE AND NICOLE WERE IN MY CLASS AGAIN!

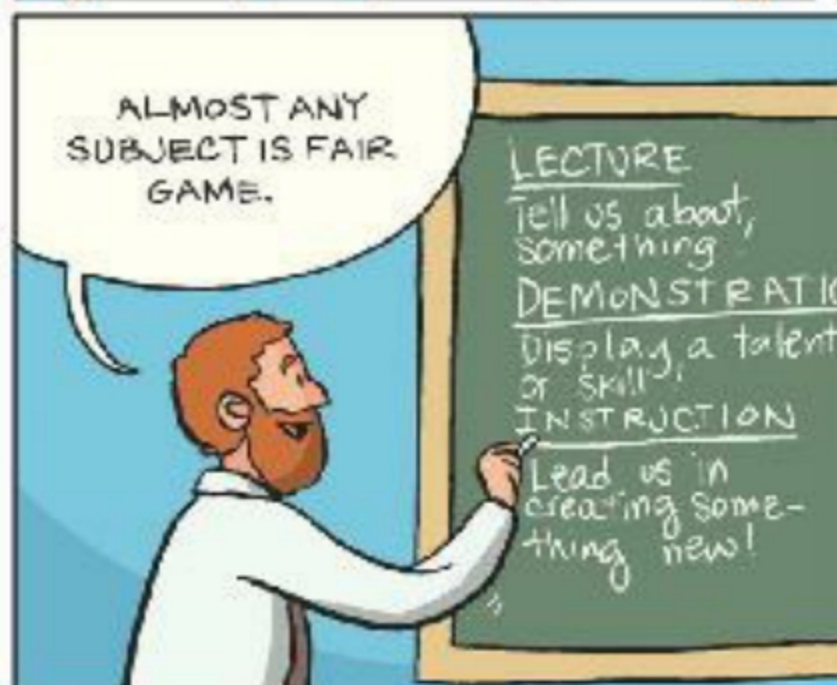


MICHELLE, TOO.



MY TEACHER WAS MR. ABRAMS -- WHO I'D ACTUALLY HAD FOR SECOND GRADE, TOO.











GIRL SCOUTS!!



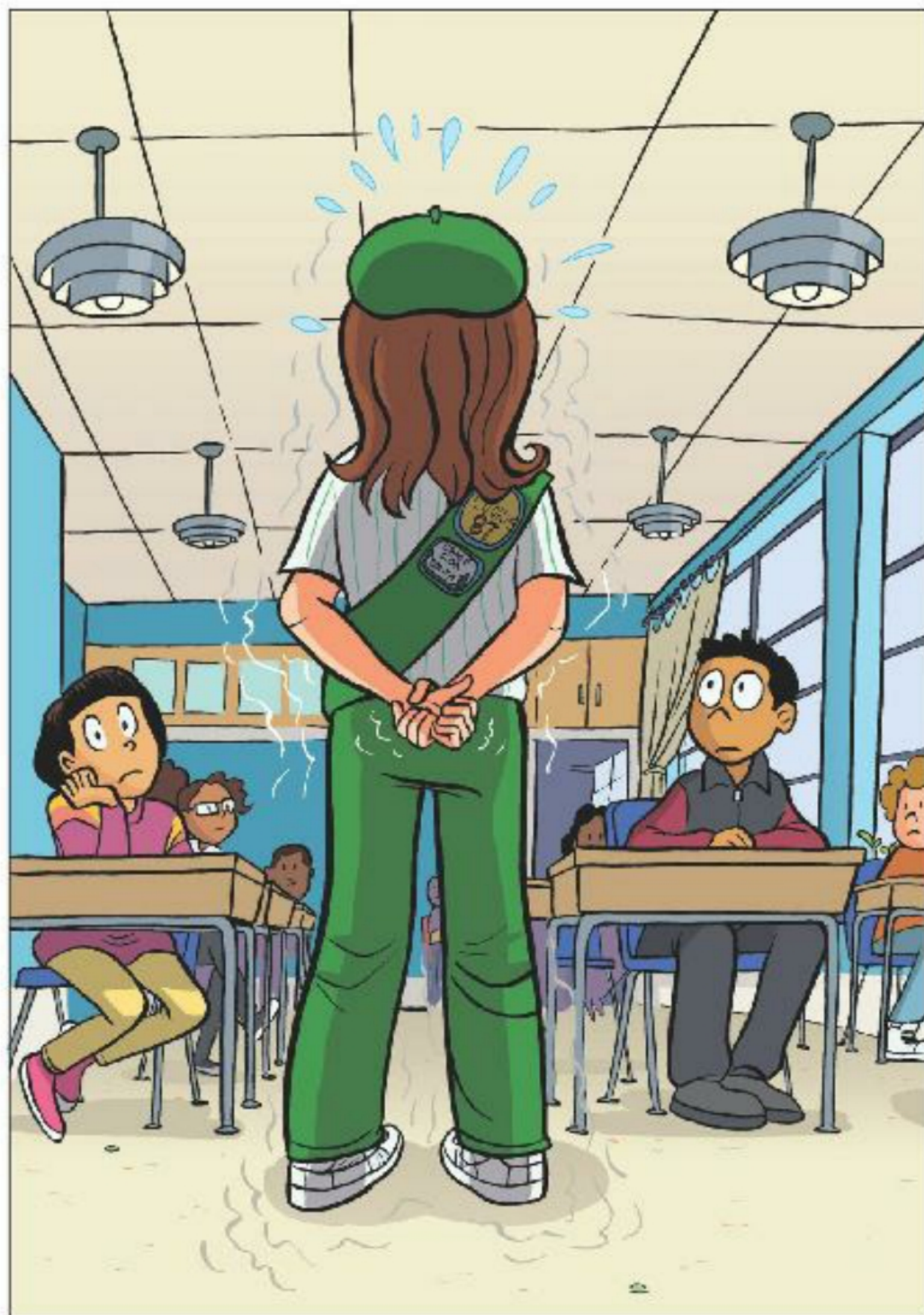
THE GIRL SCOUTS OF AMERICA WAS FOUNDED IN 1912 BY JULIETTE GORDON LOW IN SAVANNAH, GEORGIA.



THIS IS WHAT THE GIRL SCOUT LOGO LOOKS LIKE!













YOU CAN JOIN ANDRE AND SERENA
HERE IN THE SIDE
ROOM.

THEY BOTH HAVE THE
STOMACH FLU, TOO.

Kid on
a cot...

Kid in a
Chair...

At
both
of
their
feet...

The dreaded BARF BUCKET.













PIZZA AAAAAAAAAAAAAA!



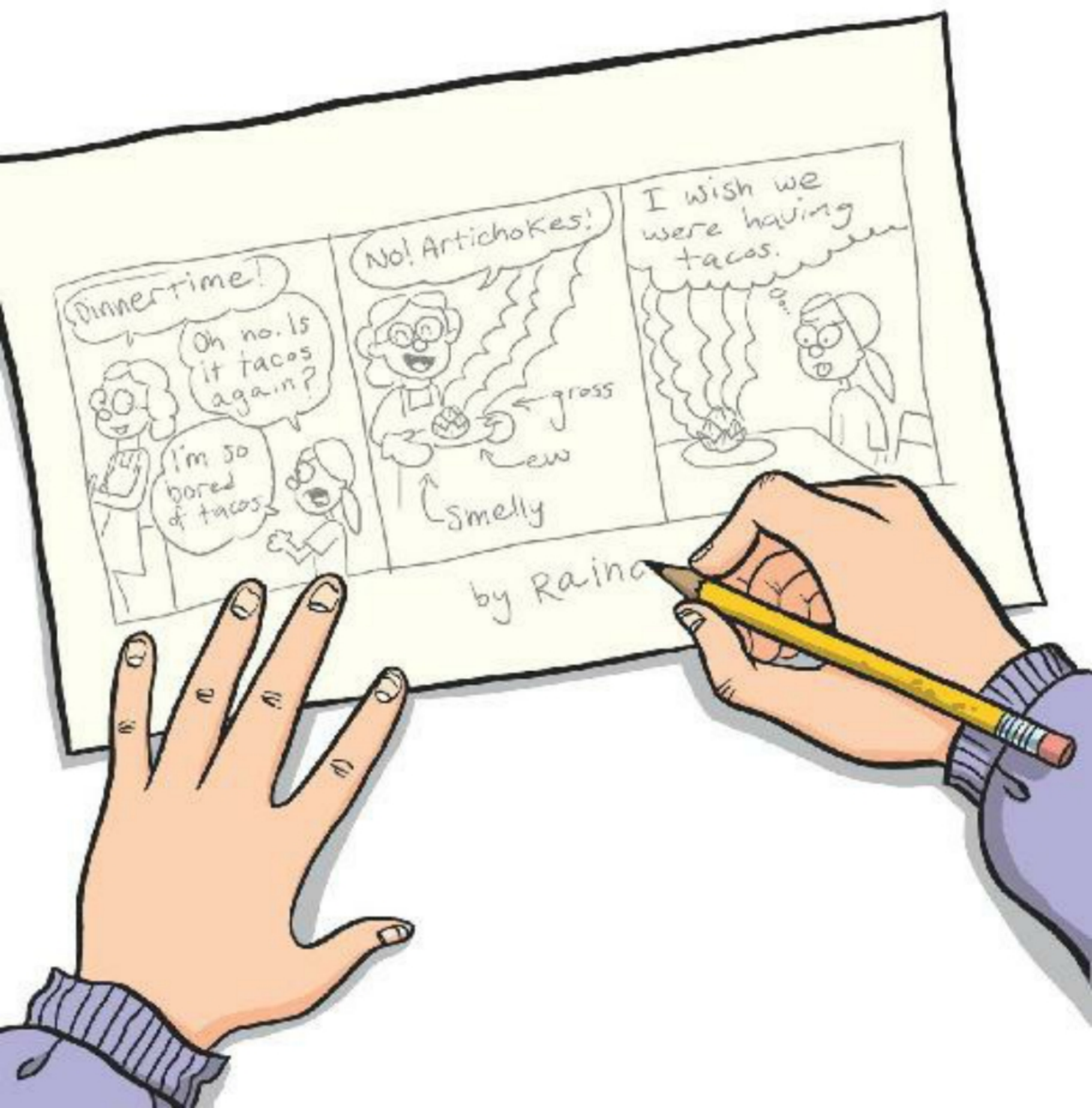












Dinnertime!

Oh no. Is it tacos again?

I'm so bored of tacos.

No! Artichokes!

gross

ew

Smelly

I wish we were having tacos.

by Raina



















HONEY, WHAT ARE WE GOING TO DO ABOUT THIS... PROBLEM?



I... I'M SORRY!! I DON'T WANT TO BE A PROBLEM.



WHAT IS IT YOU'RE SO AFRAID OF?



...VOMIT?













YOUR MOM AND DAD HAVE
SPOKEN TO ME ABOUT WHAT'S
BEEN GOING ON.



I'LL MEET WITH THEM
OCCASIONALLY TO CHECK
IN. BUT!



THIS IS ALL ABOUT YOU. I WANT TO MAKE SURE YOU FEEL
COMFORTABLE HERE!



THANK YOU, MRS. TELGEMEIER!
SEE YOU IN A BIT.



GOOD
LUCK!

click!













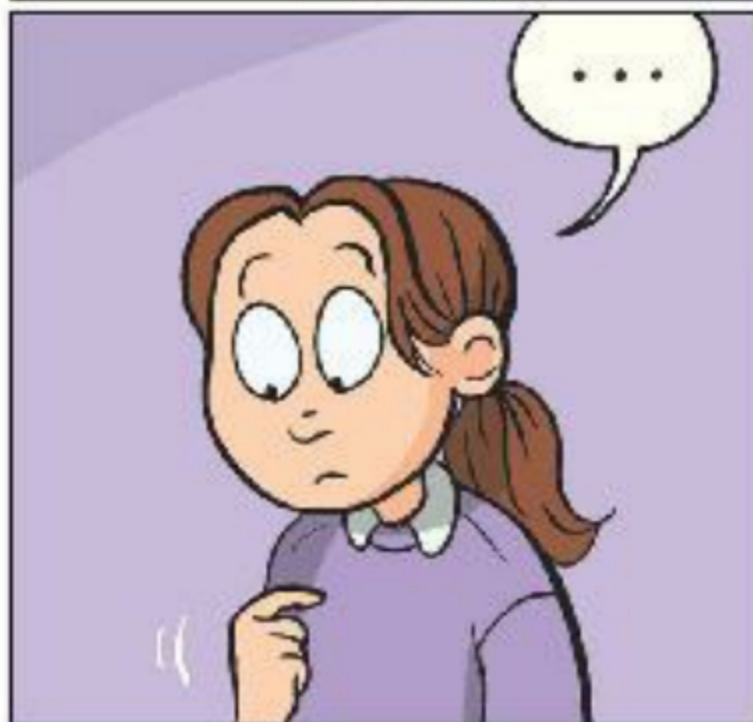


















OH NO... OH NO... I
SAT NEXT TO HER ON THE
BUS THIS MORNING...



OH NO, WE... WE SHARED SOME OF
HER KIMBAP AT LUNCH TODAY...



SHE PROBABLY BREATHED
ON ME...

AND OUR DESKS
ARE NEXT TO EACH
OTHER...

AND I'M
SUPPOSED TO SLEEP
OVER AT HER HOUSE
THIS WEEKEND...

WHAT IF I'M
NEXT?

WHAT IF

WHAT IF

**WHAT
IF ...**





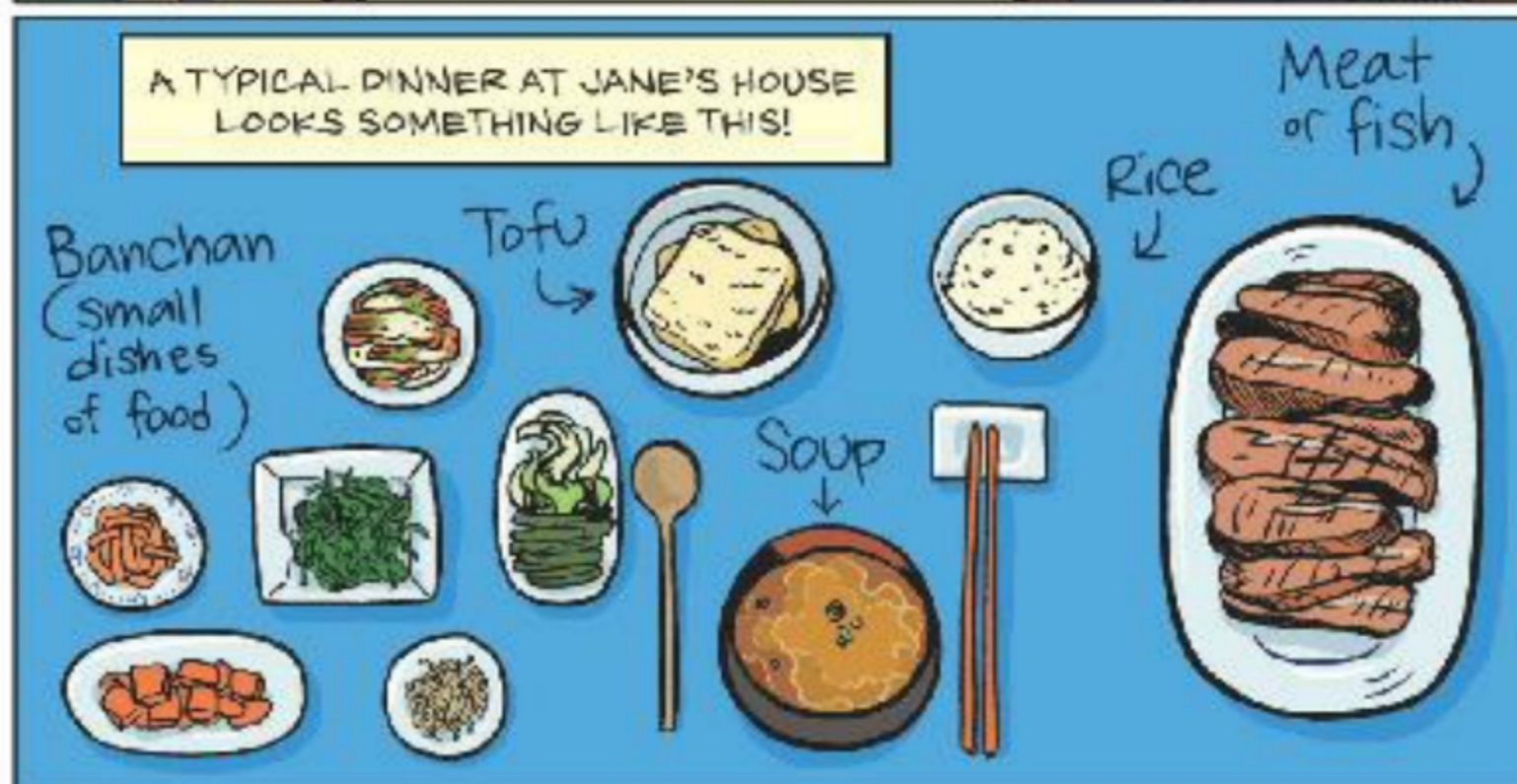
























OKAY, FIRST OF ALL,
EVERYONE HAS GAS. YOU, ME,
JANE, EVERYONE.

YES, CERTAIN FOODS
CAUSE GAS...

BUT TOO MUCH OF ANY ONE FOOD IS NEVER GOING
TO BE GREAT FOR YOU.

A VARIETY OF
FOODS IS BEST!

AND IF SOMETHING
IN PARTICULAR DOESN'T
AGREE WITH YOU? BEST
TO AVOID IT!

THAT NIGHT WE WENT TO SIZZLER,
WHICH HAS AN AWESOME ALL-YOU-
CAN-EAT SALAD BAR.



OH, WAIT... BEANS GIVE
YOU GAS.



CHEESE...
THAT MIGHT BE BAD.



POTATO SALAD... I'VE HEARD
THAT CAN HAVE BACTERIA IN IT.



CABBAGE... NO...











LAUREN EXPLAINED THAT
FEARS OFTEN HAVE NO RHYME
OR REASON...



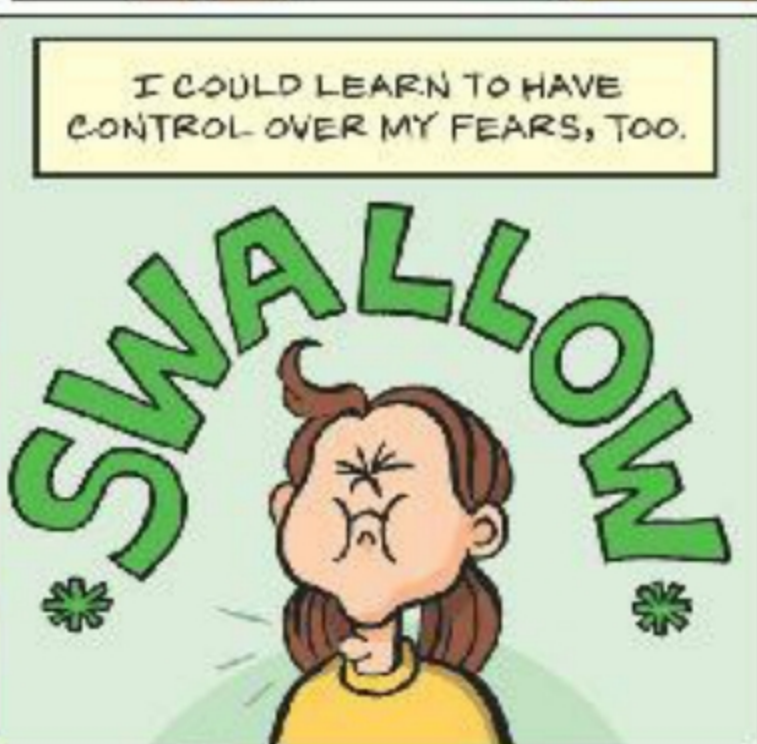
BUT THAT WE ALL HAVE SOME
LEVEL OF SELF-CONTROL.



SO
MAYBE...



I COULD LEARN TO HAVE
CONTROL OVER MY FEARS, TOO.







SOMETIMES WE HAVE THINGS IN LIFE
WE NEED TO WORK ON.



BUT THAT DOESN'T MEAN
WE'RE SICK.



IT'S NOT AS SIMPLE AS
HAVING A PHYSICAL ILLNESS,
OR A CURE.



BUT I'M GLAD YOU'RE EATING
ARTICHOKES AGAIN!



FOOD FOR THOUGHT!









DINA, WHY DON'T YOU GO HOME IF YOU'RE NOT FEELING GOOD?



SIGH.



YOU'RE NOT MATURE ENOUGH TO UNDERSTAND.

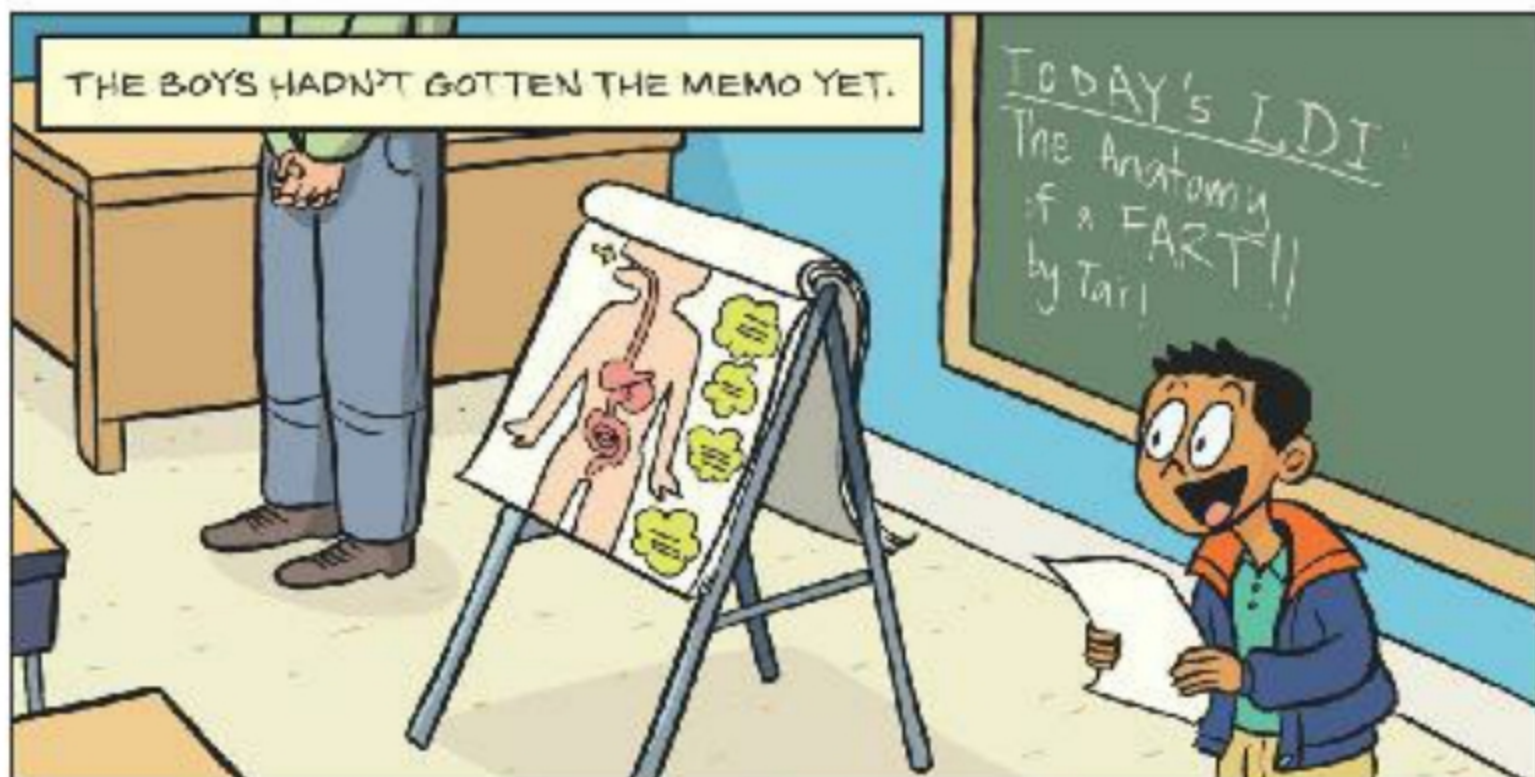


RINNNNNNNNG!!!

TWO MORE HOURS OF CLASS! HOW WILL I MAKE IT THROUGH?!











WAS PUBERTY TO BLAME FOR
MY STOMACHACHES?



I DON'T KNOW.



WAS PUBERTY TO BLAME FOR MY
SUDDEN PANIC ATTACKS?



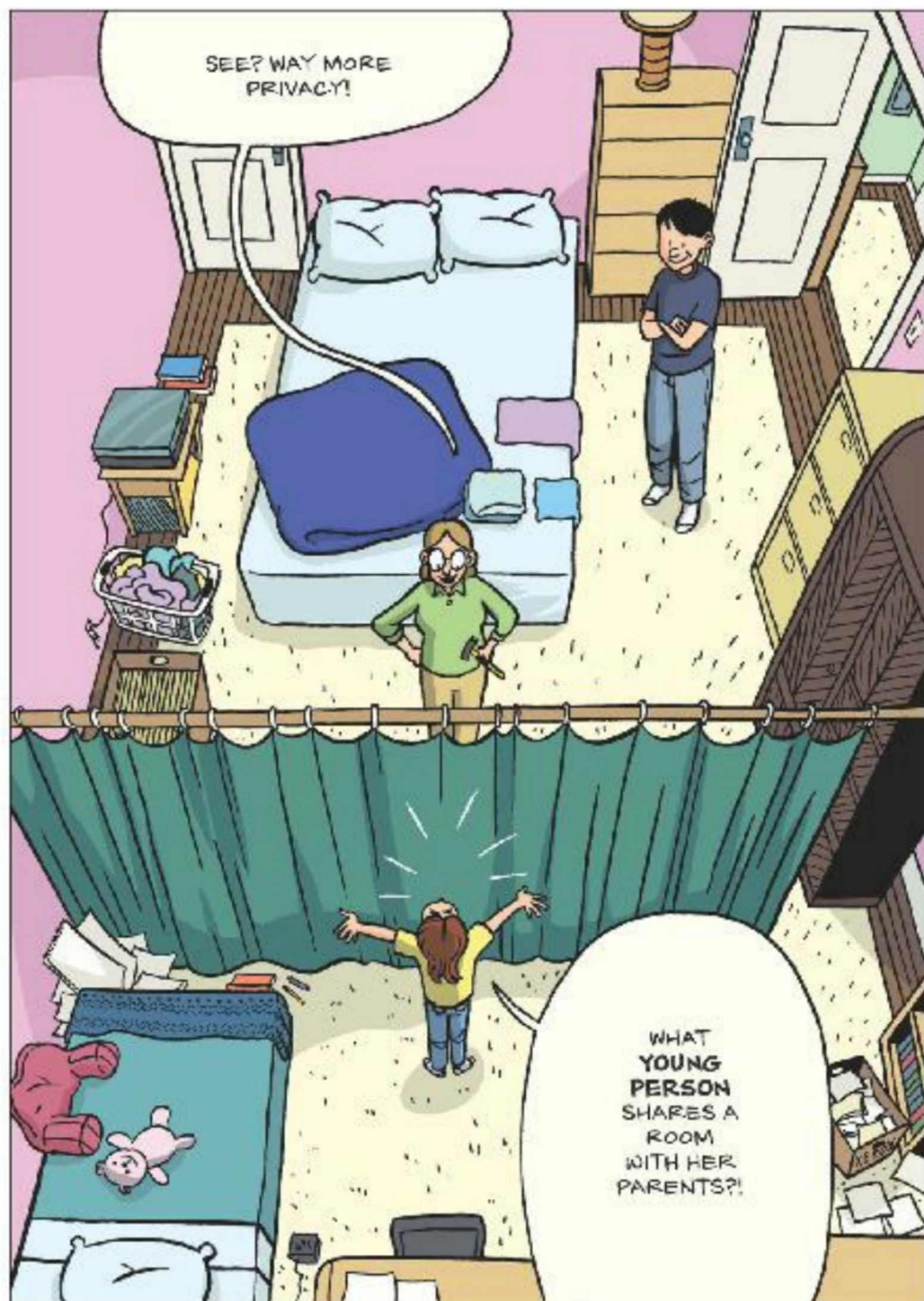
I DON'T KNOW!





































HER FAMILY LIVES OVER THERE NOW, TOO.



THEY HAVE A BIG HOUSE WITH FOUR BEDROOMS AND A TREE HOUSE AND A CREEK IN THEIR BACKYARD! AND A GAZEBO!!



I BET YOU AND YOUR BROTHER WILL EACH GET YOUR OWN ROOM! SO LUCKY! IT'S SO NICE AND SUNNY BY THE AIRPORT! I'D LOVE IT IF MY FAMILY --

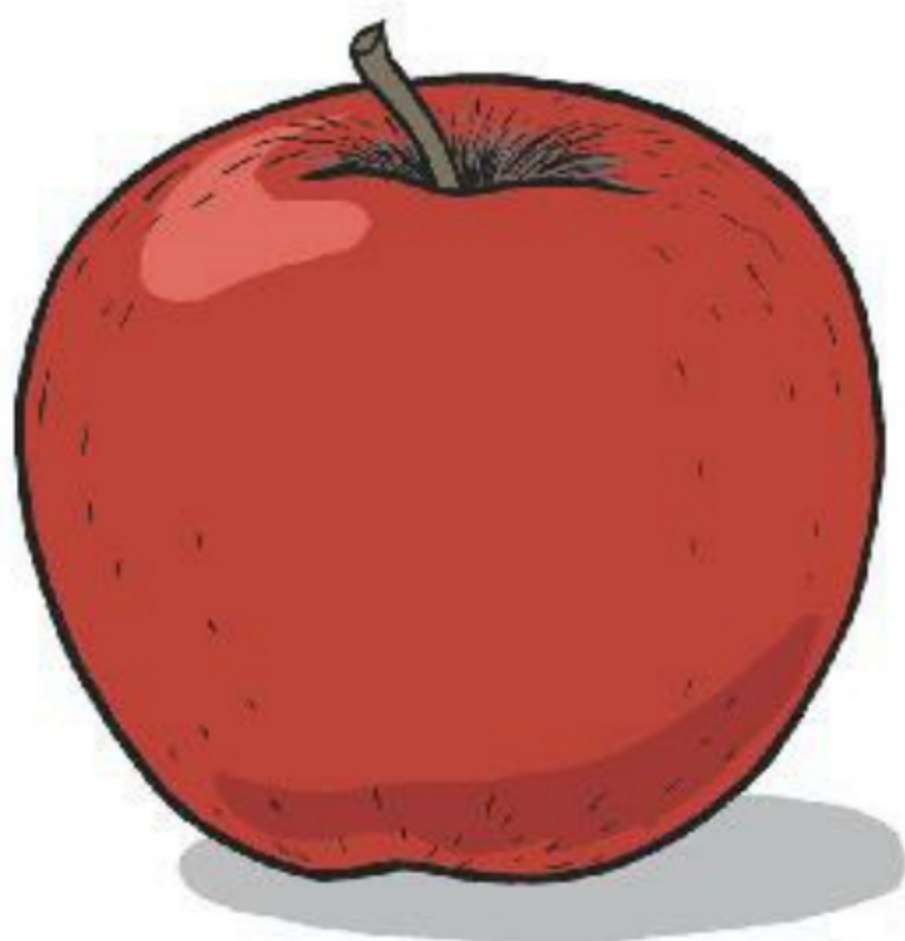
RAINA!!!



I DON'T WANT TO GO.







MICHELLE'S TURN TO GIVE AN
LDI CAME AROUND.



TODAY'S LDI
HEALTHY FOOD w/ Michelle!

I'M GOING TO DEMONSTRATE
HOW TO MAKE WALDORF SALAD!



IT'S ONE OF MY FAMILY'S
FAVORITE DISHES.



THE INGREDIENTS ARE APPLES,
CELERY, WALNUTS...



AND MAYONNAISE!



EW!!!





I'M SORRY ... IT'S JUST ...
APPLES AND MAYONNAISE?!!



I THINK THAT SOUNDS DELICIOUS!



EVERYONE EATS DIFFERENT
THINGS. WE ALL HAVE OUR
LIKES AND DISLIKES.



BUT PLEASE, PLEASE TRY
NOT TO BE DISRESPECTFUL
OF OTHER PEOPLE.



TREAT OTHERS AS YOU
WISH TO BE TREATED.

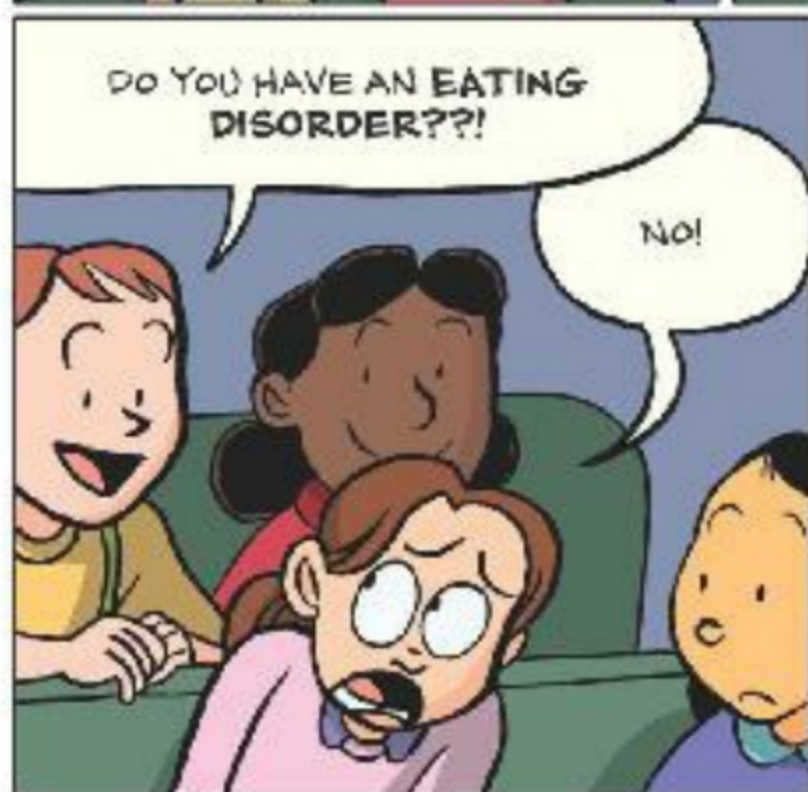


SO, IN NON-TEACHER-
SPEAK, I THINK THAT
MEANS ...









SEE? YOU WON'T HAVE TO GO TO
MIDDLE SCHOOL WITH ANY OF
THESE MEANIES.



YOU GET A FRESH
START!



I DON'T WANT A FRESH
START.



THE IDEA
OF LEAVING
MAKES ME
WANT TO
PUKE.



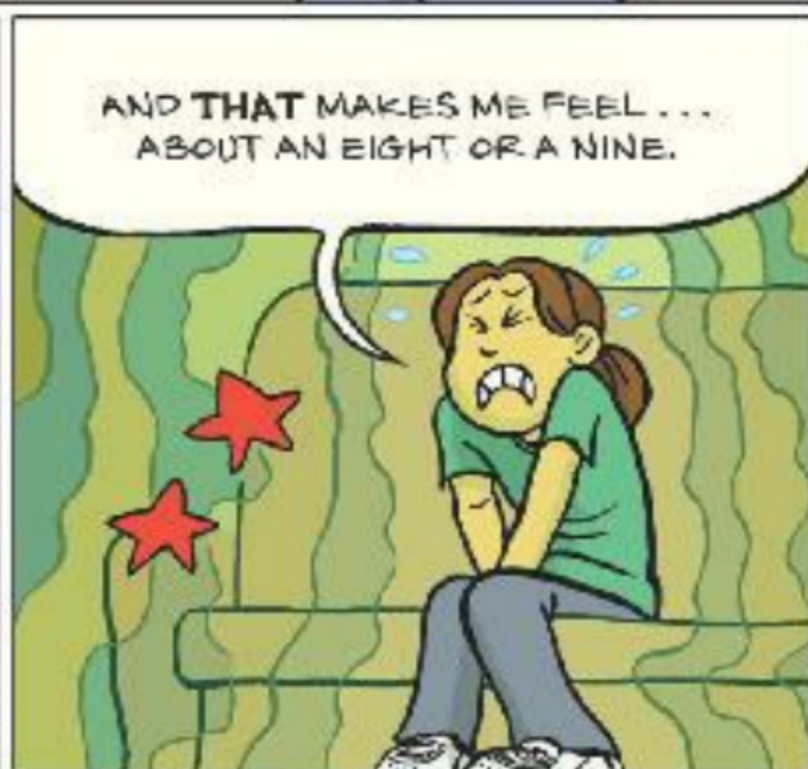
THE IDEA OF PUKING
MAKES ME WANT TO...




**NEVER
AT
HIDE
SCREEN
THINGS**
**RUN
NOT
TOUCH**









A person with brown hair in pigtails, wearing a green long-sleeved shirt and blue jeans, is falling upside down in the rain. Their mouth is open in a shout, and their hands are outstretched. The background is dark with vertical lines representing rain and white streaks indicating motion.

"I FEEL LIKE I
CAN'T EVEN TRY."

TRY
ANYWAY.







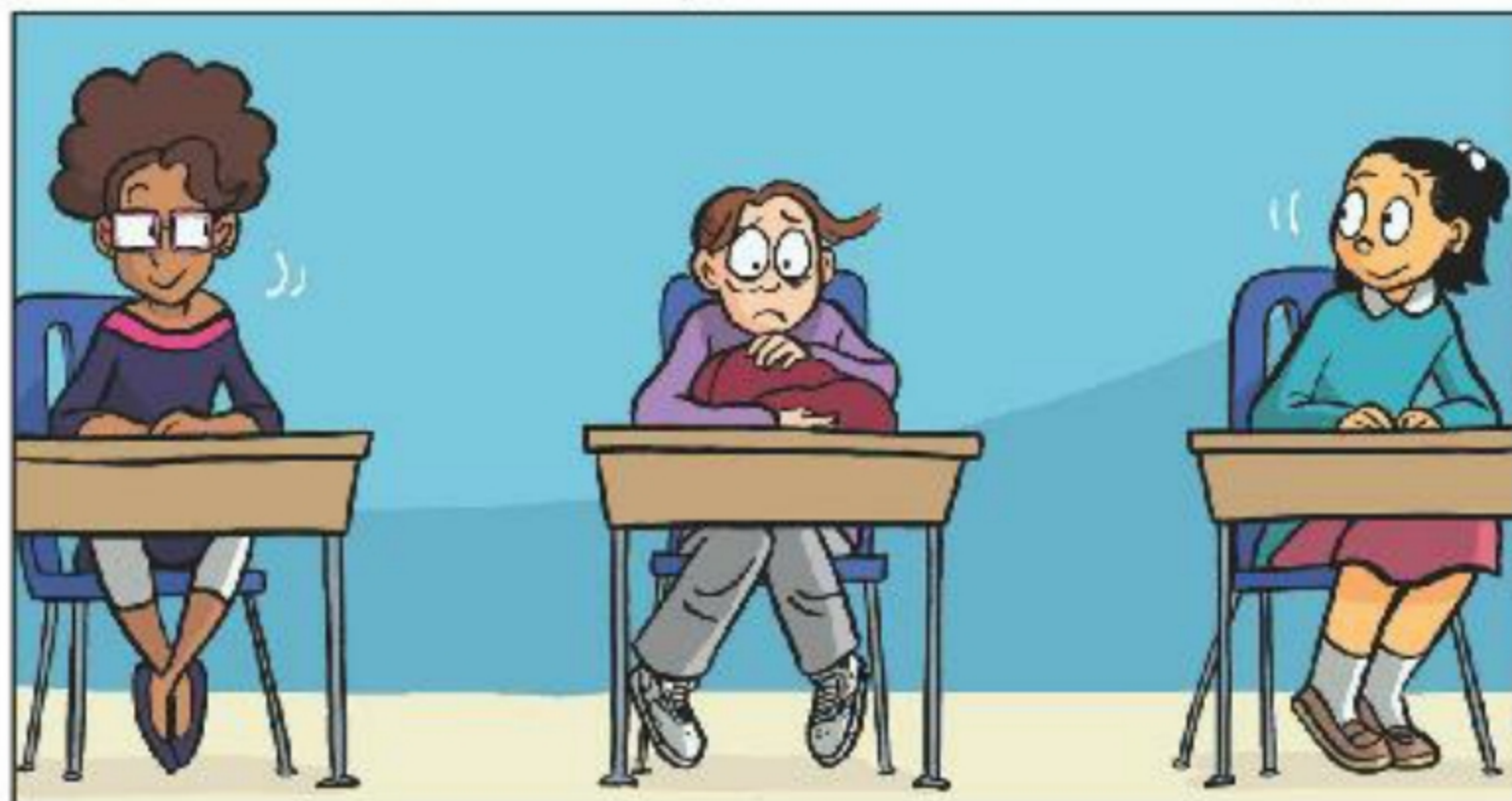






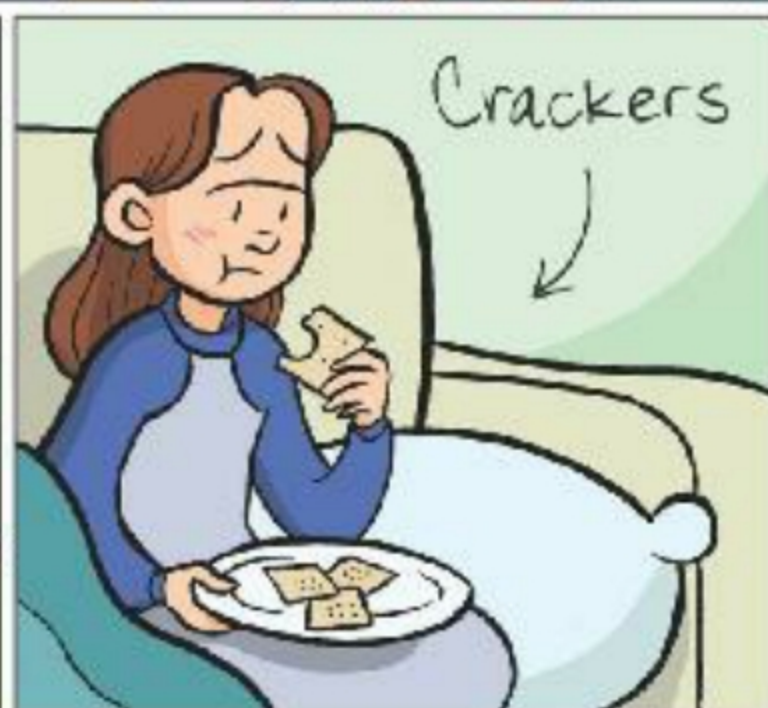








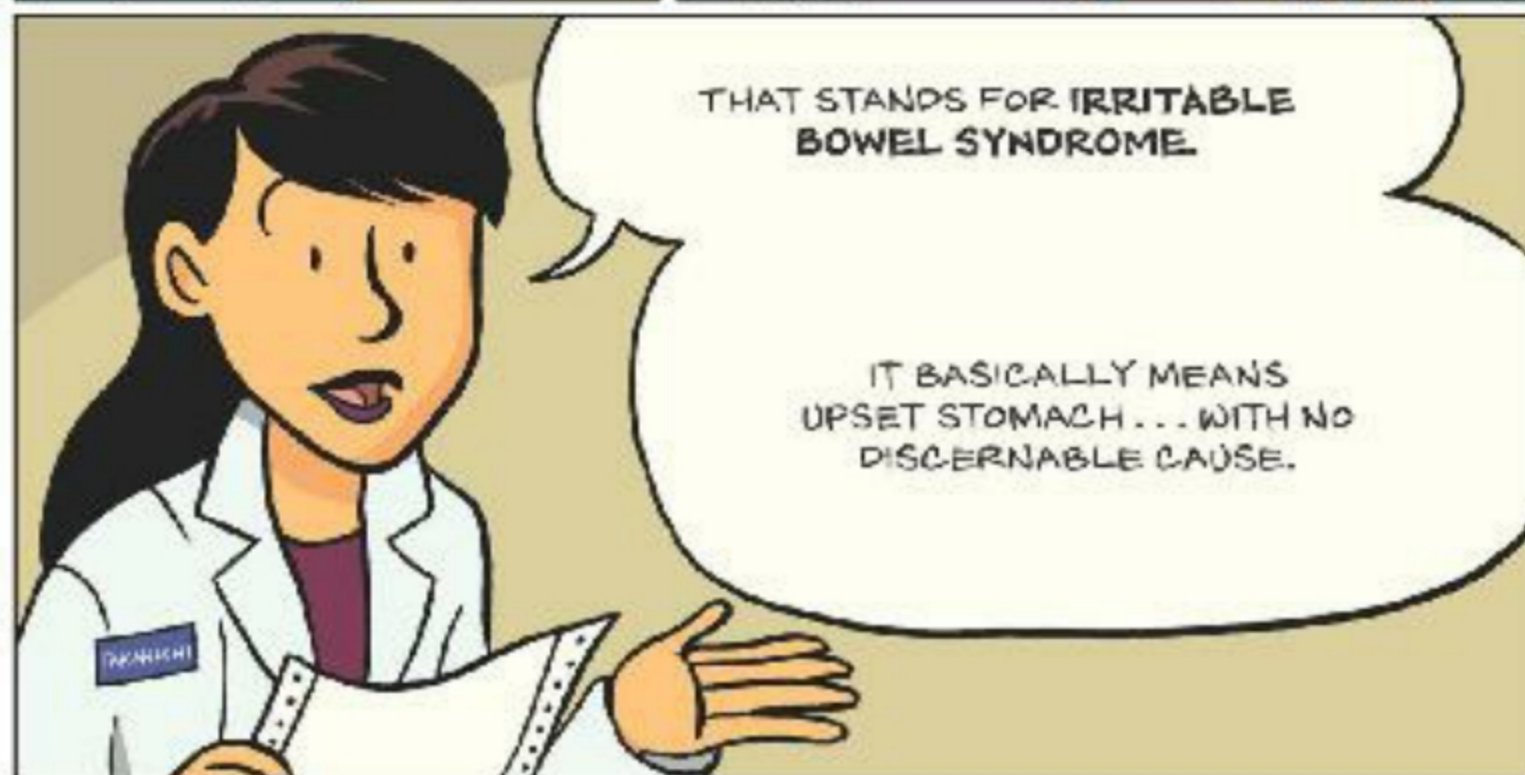














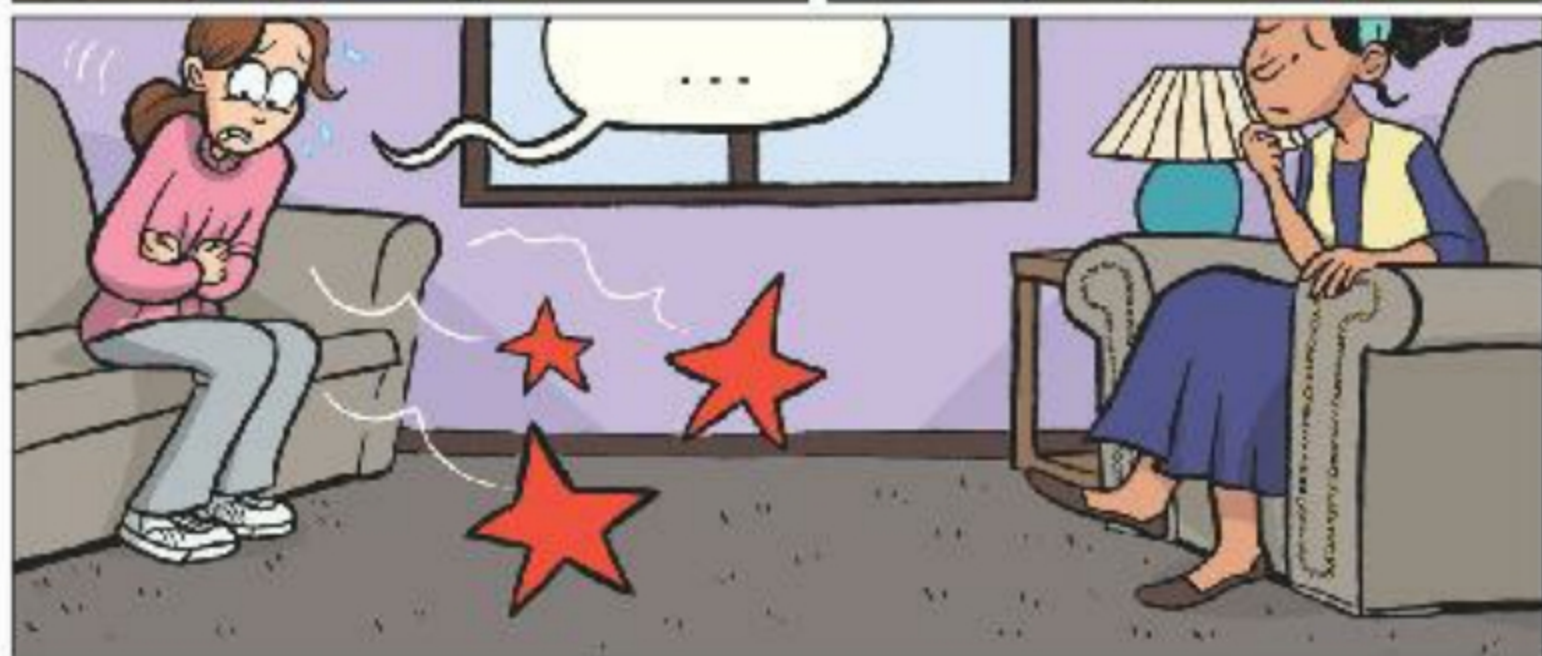




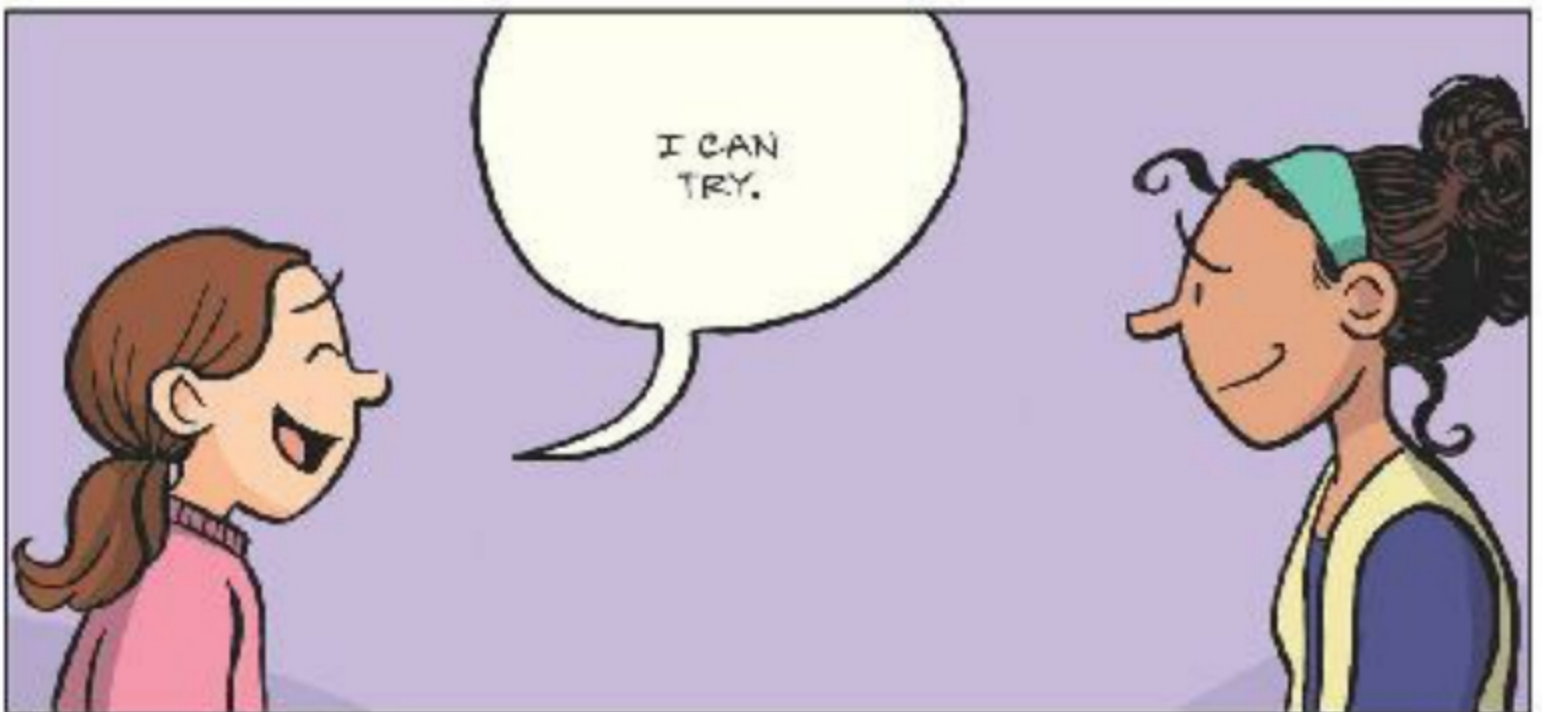
















NOW, YOU DON'T HAVE
TO ANSWER...



BUT I WANT YOU ALL TO
THINK ABOUT SOMETHING THAT
SCARES YOU.



AND NOW... TRY
AND NOTICE HOW THAT
MAKES YOU FEEL.

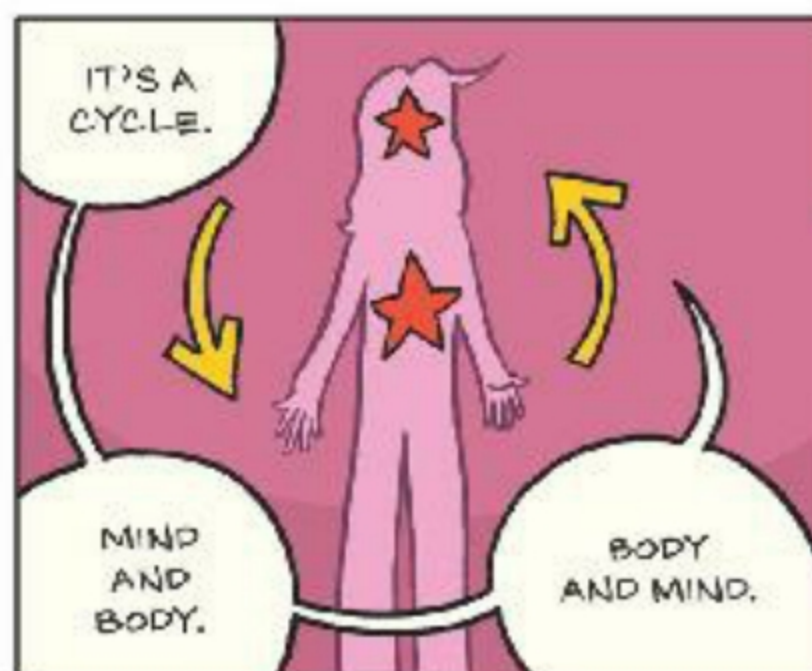


FOR ME... WORRYING
ABOUT THINGS MAKES MY
STOMACH HURT.



AND MY STOMACH HURTING...
MAKES ME WORRY MORE.













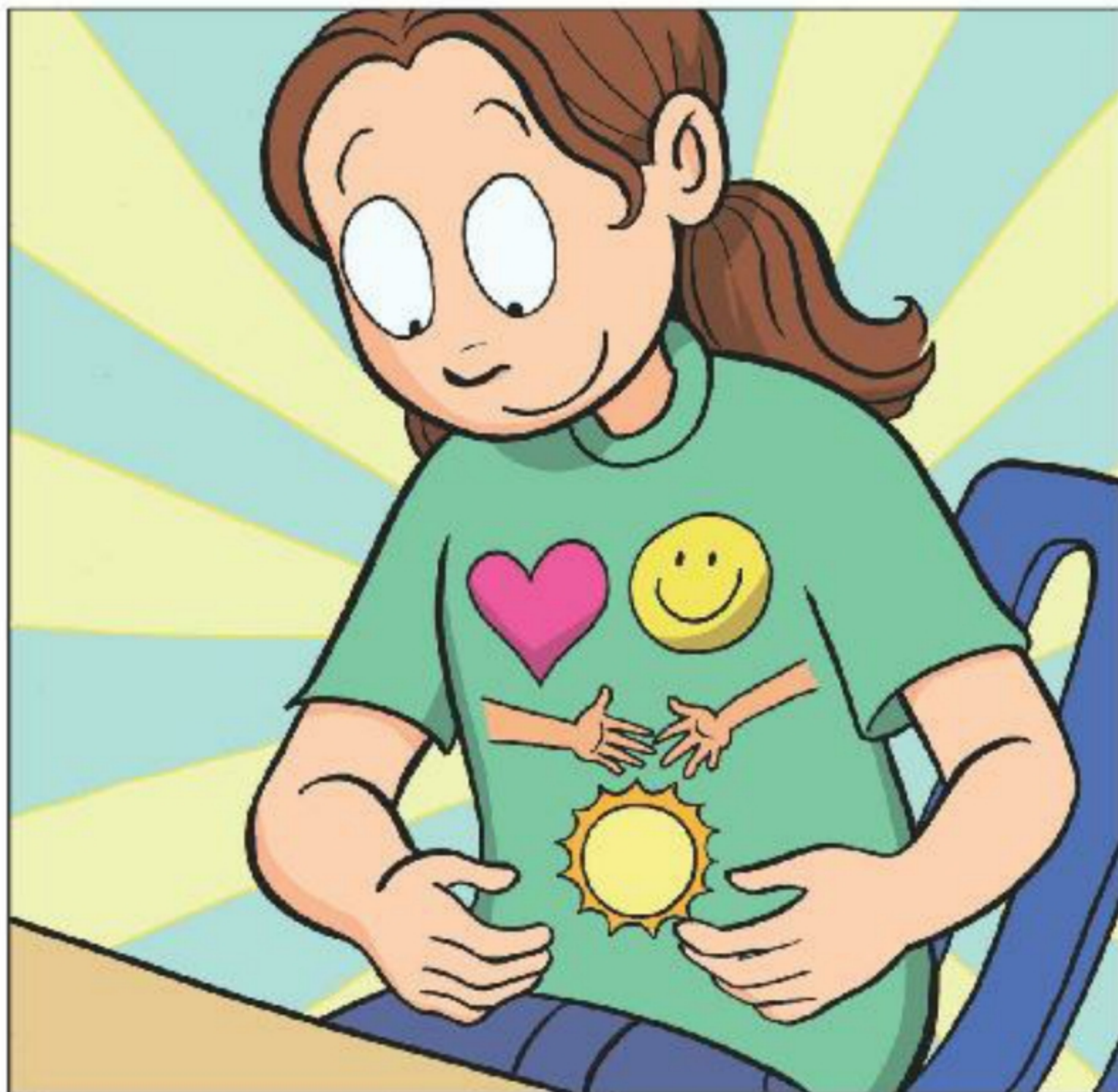






















WHAT SHOULD WE DO NOW?

I DUNNO, WHAT DO YOU GUYS WANNA DO?



WE COULD PLAY SKELETONS IN THE CLOSET...

WHAT'S THAT?



IT'S WHERE EVERYONE TELLS THEIR DEEPEST...

DARKEST...

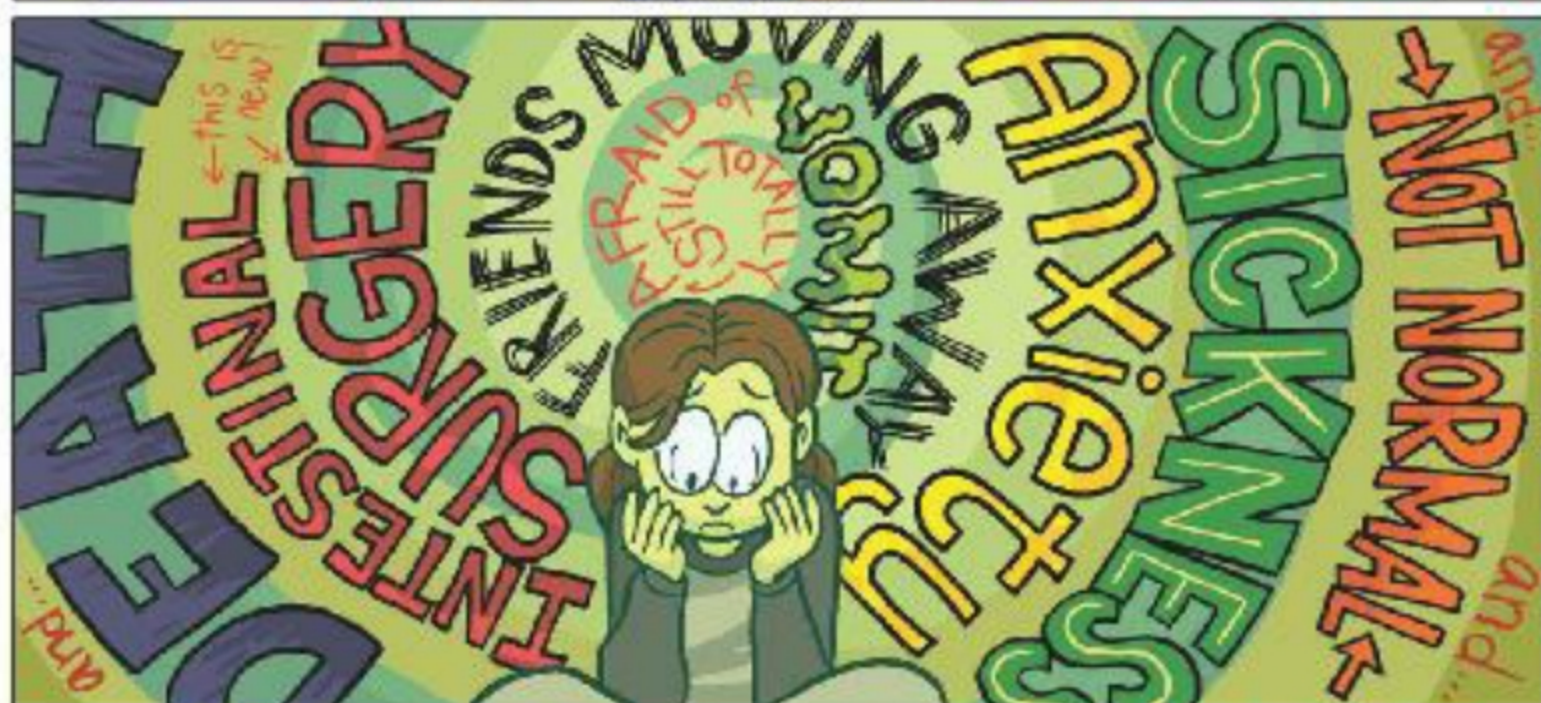
SECRET.



I'M NOT SO SURE I LIKE THIS GAME...









REALLY?!



YEAH. IT'S NO BIG DEAL.



BUT NO ONE
EVER TALKS
ABOUT IT!



I ACTUALLY THOUGHT THAT
MAYBE ...

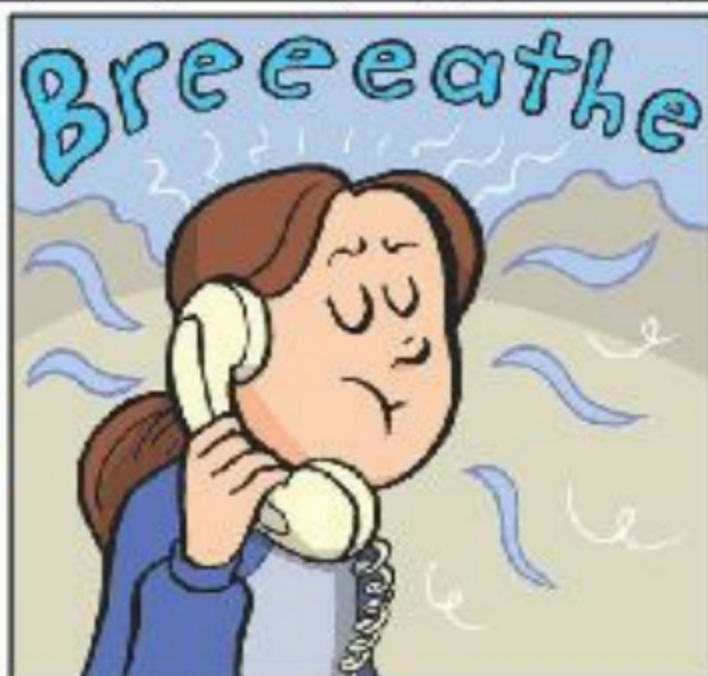


THERE WAS SOMETHING
REALLY WRONG WITH ME.



























So, how am I doing now, more than three decades after this story takes place?

In the past five years I have done talk therapy, cognitive behavioral therapy, mindfulness training, EMDR, and exposure therapy. I tried anxiety medication. I use meditation apps. They've all helped, but I've realized that my phobias and worries are just part of who I am. I do my best to manage them!

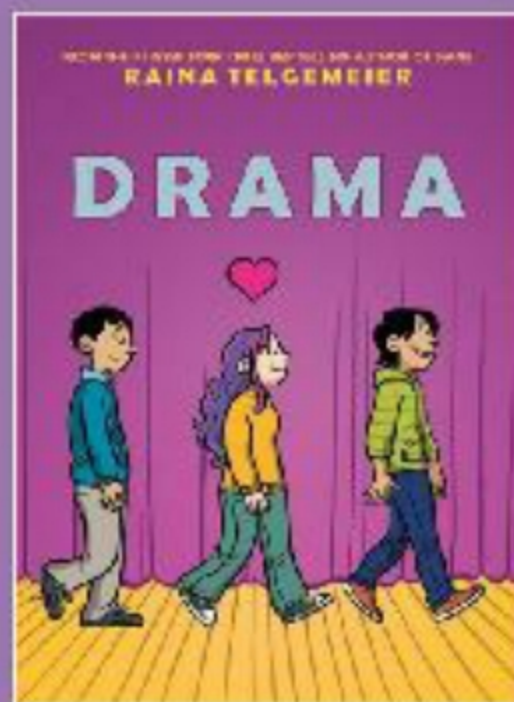
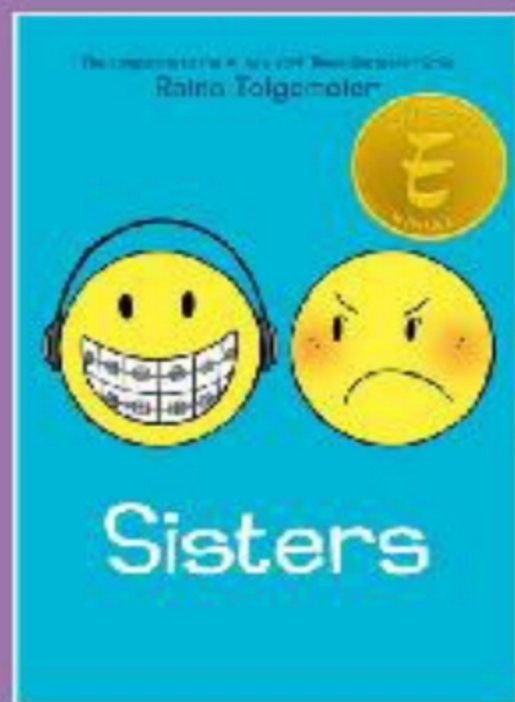
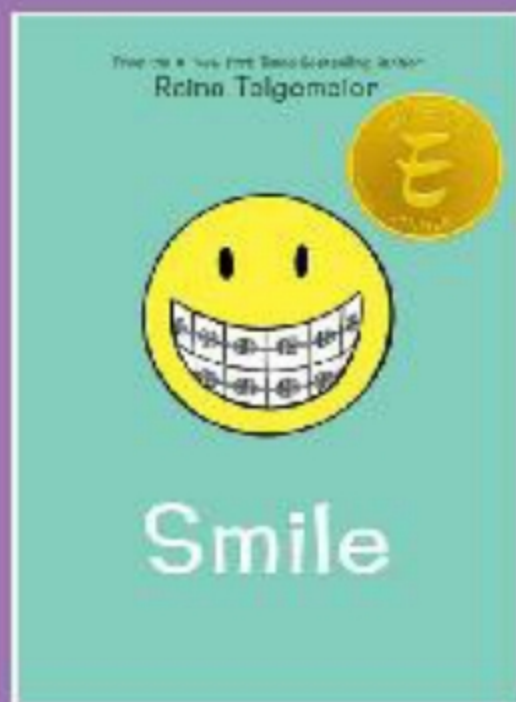
I've been tested for everything from celiac disease to Crohn's disease to ulcerative colitis,

and, after many negative results, I've learned to accept that there's nothing medically "wrong" with my stomach. I just have a sensitive system and must be careful about what I eat. My anxiety also affects how my body feels! So when I'm stressed out, I'm more likely to have digestion issues.

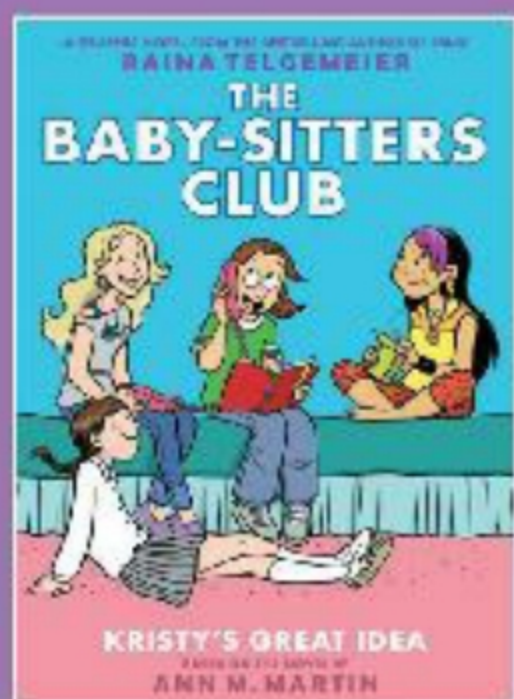
I want to make sure my readers know that this is my personal story. You may recognize some of my struggles, or yours might be totally different. You might not experience physical or emotional stress at all. If you do find yourself feeling stressed, or you're hurting in a way that you don't understand, please talk to an adult you know and trust. I was very lucky to have people in my life who supported me and helped me find ways to feel better.

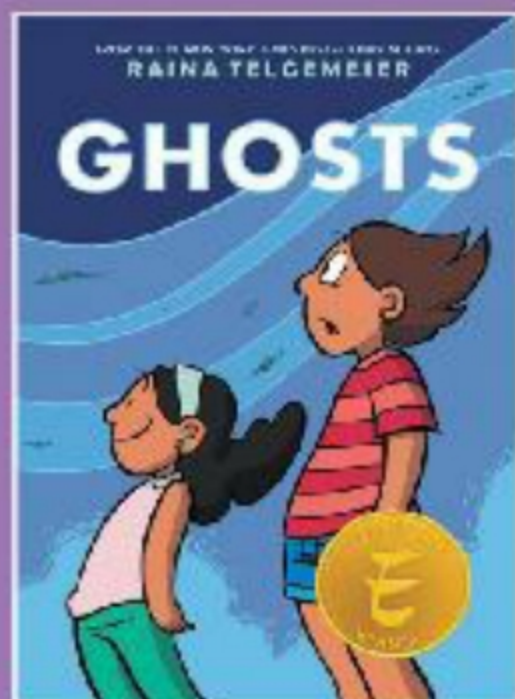
Finally, I want to encourage you to talk about how you feel. You can write it down, draw pictures or comics, make music or plays, or simply share with your friends. It takes guts to admit how you feel on the inside, but chances are, others will be able to relate. You won't know unless you try!

Also by
Raina Telgemeier

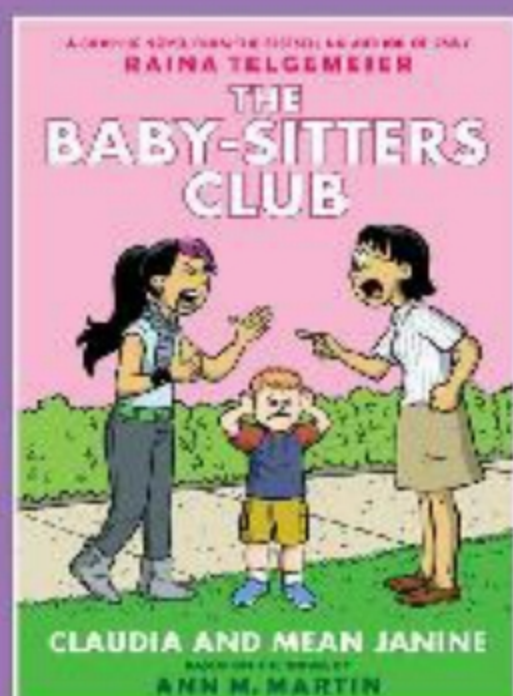
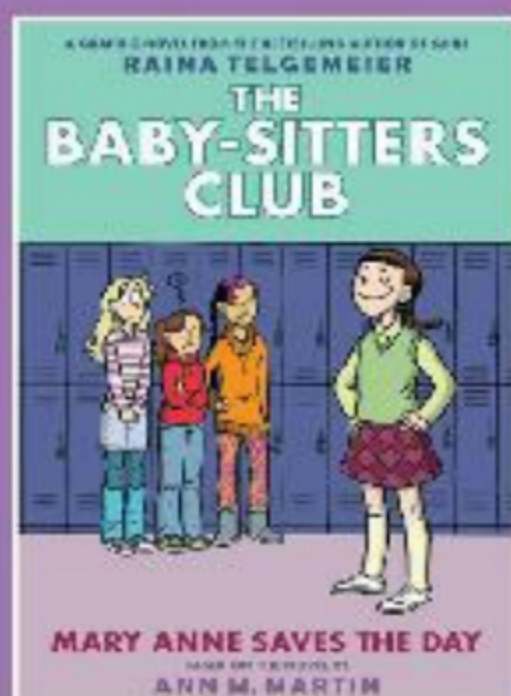
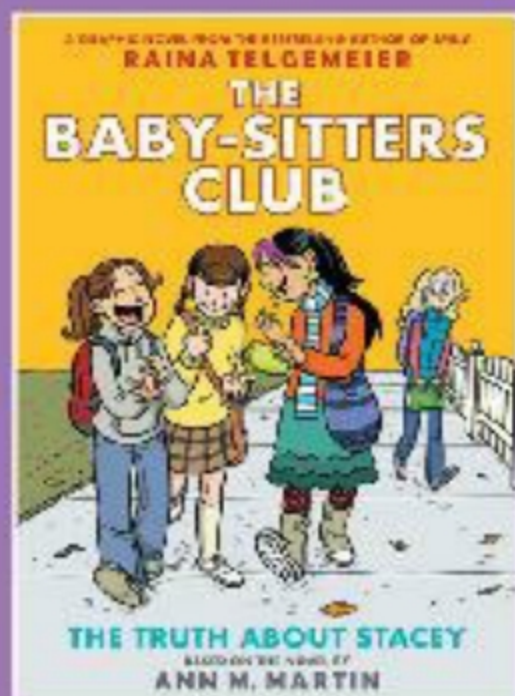


By **Ann M. Martin**
and **Raina Telgemeier**





Interactive Journal





Raina Telgemeier is the #1 *New York Times* bestselling, multiple Eisner Award-winning creator of *Smile* and *Sisters*, which are both graphic memoirs based on her childhood. She is also the creator of *Drama* and *Ghosts*, and is the adapter and illustrator of the first four *Baby-sitters Club* graphic novels. Raina lives in the San Francisco Bay Area. To learn more, visit her online at goRaina.com.

